



The Encyclopedia of Sustainable Eating Toward a Living Cuisine

Authors: Marie-Laure Fréchet (Text) - Valérie Lhomme
(Photographer) - Bérangère Abraham

Publisher : Flammarion

Category : Practical Books

Genres : Sustainable Lifestyle - Food and Drink

Keywords : Food - Daily life - Biodiversity - Comic book

The future of our planet begins in your plate!

This book urges us to choose taste, health, and virtue when it comes to planning a diet that

- Is respectful of humans, the plant and animal kingdoms, and nature in general
 - Is respectful of foods and their intrinsic nutritional qualities unadulterated by pesticides, additives, toxins, genetic or technological modification
 - Nourishes without harmful effects and contributes to greater vitality
 - Looks toward the future in a sustainable and environmentally friendly way.
 - Is not merely all about pleasure.
-

Date : 20/10/2021

Pages : 442

Format cm : 25 x 28

Prix : 35.0

EAN : 9782080245502